

# The Girl Who is Going Abroad

By HELEN BALL

BETTY had always been solemnly promised a trip abroad, when she should have attained to the dignity of twenty-one years. It was this promise repeated daily, which had carried her in a stoical frame of mind, through school day trials of islands, isthmuses, canals, lakes, rivers, zones, equators, and other equally impenetrable problems, through tedious hours of drawing maps which should bear any remote resemblance to the original (teachers at all times turning an unappreciative shoulder on fascinating flights of imagination and a sense of the artistic in this direction); through the days when Betty, in short frocks and pinafores, first began to understand that there were other places of some mild interest in the world outside her native town, however tiresome these places might be in unpronounceable and not-to-be-remembered-lists-of-names.

And thus it was that having this winter completed the long years of waiting, Betty in an ecstasy of joy, which kept her far from a practical consideration of the subject, began preparations for the great event of her lifetime. Her mind took flight midst distracting silks and laces, flowered hats, and graceful gowns of many hues, and there it soared until the lovely bubble burst, when the heartless edict went forth, that in a steamer trunk and a suit case, must she dispose all the worldly goods which should fare with her across the waters.

And so it was that a crestfallen Betty not long since came to me, of more mature years and experience, seeking sympathy and help in solving the problem of how to look a properly clothed person under these distressing circumstances, for, direct of all calamities, she might, so ran the order, take nought but the suit case with her on the Continent.

Having elucidated to the satisfaction of this perplexed maiden, who adopted a praiseworthy "grin-and-bear-it" attitude, how such a heartless mandate may be turned into endless blessing, if dealt with judiciously, it occurred to me that other unsophisticated demoiselles, not to mention madam, the mother, might find themselves in the same plight with no friend nearby to offer suggestions drawn from practical experience.

In the first instance, when contemplating an extended trip, it must be remembered that with a variety of circumstances under which such a trip may be taken, the requirements will be equally varied. For instance, if a girl contemplates going merely to Great Britain, where she anticipates visits to friends, there will be more demand for the pretty dressy clothes, which in a tour on the Continent would prove merely an unnecessary burden and expense, and in such an instance, individual taste and the elasticity of the parental pocket book would, to a great extent, be a guide. Still, it should always be borne in mind, that it is not to a barren land you are going, but to one teeming with pretty ready-made clothing which can be purchased at a moment's notice if some unlooked for demand be made on the wardrobe.

THE following suggestions are drawn from experience on an European tour, what we glibly term the Mediterranean trip, but would be found equally feasible for a tour merely through the British Isles. To begin with, it is necessary to plan for the ocean voyage. Essential things here are many. There is the long warm coat (and don't forget the deep pockets which will hold writing material, etc.); the cap or hat—a felt hat after the fedora shape is a favorite with many, though the latest conceit being adopted this season is the motor bonnet which defies the sea breezes and keeps rebellious locks in leash. A long motor veil is indispensable, as are neat gloves and shoes (not old and out of shape), for the days have passed when old clothes could be worn with discretion on ship board. The same applies to well hanging skirt, a warm blouse with easily adjusted collars, a dressy light blouse, and a pretty light gown (an evening gown or otherwise, depending somewhat on the ship you travel by) easy to don, for dinner or possible entertainments.

Regarding underwear and nightgowns, it is not a bad idea to wear on board garments which can be thrown away without compunction when the other side is reached, thus avoiding the necessity of packing soiled linen in your steamer trunk which will be sent to London while you go to Italy or wherever your objective point may be. Of course if you go first to London, this would not be necessary in any way. But whether old or new, the undergarments must at least be warm, and, by-the-way, a flannel petticoat is a thing not to be despised. Then there must be bedroom slippers, a bath gown or at least a dressing-jacket, the indispensable hot-water bag, and advisedly a candle and box of safety matches.

Have all your toilet articles, such as brush and comb, tooth brush, soap, face cloth, hairpins, nets, pins, safety pins, manicure requisites, etc., in a bag made for the purpose, with pockets for the various articles. Thus there will be no scurrying in nervous haste hither and thither when dressing, which at best is not a matter to dally with on board ship.

A steamer rug, of course, is an absolute necessity, as well as a cushion of some description. Quite the most comfortable of these latter are the air cushions which occupy next to no

space in the trunk. Rather a clever dodge which one girl had was a bolster-shaped feather or down cushion with a long muff-cord attached, and hung backwards about her neck, so that if she stood up to get a glimpse of a passing ship, the cushion did not weakly flop into her seat, but got up with her, and when she resumed her seat, adjusted itself in exactly the right spot. Steamer chairs can always be procured on the ship, though it is a wise plan to write ahead to secure it. And while doing so, write as well to the second steward to reserve your seat at table. It all saves bother when you first go on board.

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FOR a multiplicity of reasons it will be found best to take nothing but hand baggage on the Continent. The cost of sending baggage on the trains, is very high and will often amount to the price of another seat. With few exceptions there is no system of checking, and it is a constant source of worry to keep track of trunks, while the attendant feeling of hotel porters for carrying up and down is an additional source of expense. This point of having only luggage you can carry, cannot be emphasized too strongly. Now, in your stateroom on the ship you have your steamer trunk, which you will send on to London to await your coming, or leave there as the case may be, and your suit case which is to carry you through Europe, and at the end of the ocean voyage, the contents of these two must be arranged accordingly. Here, in passing, is a simple discovery worth heeding. Tie a bow of red ribbon to the handle of your suit case and to the handle of your trunk before disembarking. Then, in the melee of suit cases, so amazingly alike in appearance, as they are thrown off the vessel, it will be the matter of a moment to identify your belongings, the same applying to the trunk.

And now for the suit case and its carefully selected contents! To travel in comfort, first there will be the tailored suit, which you will wear constantly. This should be smartly tailored, of not too heavy a material—serge of light weight and durable color—the skirt gored, not pleated, the latter requiring at least occasional pressing. Grey mixtures are the most serviceable as they do not show spots or dust. (Three piece Rajah silk suits are advised by some, but experience has taught that after a heavy rainstorm they take on a dilapidated air. They might, however, be found a practical suggestion for any who contemplate spending a good deal of the time in one place during the hot weather). To wear with the suit have a tailored silk blouse the same tone as the suit, to which various collars may be attached. (For variety, an Irish lace boned collar which never requires ironing is a good idea). Another thin silk waist of plain design, a washable crepe waist, such as have lately come into favor, or a white linen blouse, a dressy waist (cream lace being about the best as it does not crush), and one evening gown, preferably one which permits of high or low neck, will complete that part of the wardrobe. For the dress, nothing is better than one of the fashionable foulards, or a black or white net or crepe de chine, as these materials are impervious to crushing. But, whatever the material, the gown should be of simple design, lacking frills and fussiness which would soon become dowdy.

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FOR headwear, a hat in a neat turban effect will afford the most comfort, and the addition of a few flowers or aigrette for a special occasion would allow for all contingencies. Some carry panamas which will fold into the suit case, and which can be worn on a day's expedition and donned on the train, while the other hat is deposited in a silk bag brought for the purpose. Here, as on ship board, the chiffon veil is a necessity. Two pair of comfortable, moderately heavy shoes are essential. Have your handkerchiefs in a bag, your neckwear in a bag, your toilet articles in a bag, and whatever few medicines you must have, in a cotton flannel bag.

Carry not more than two changes of underwear, and the most practical idea is to have them either of natural silk which is cool and sheds the dust, or of the woven mesh garments. Each night it will take but a few moments to wash out the underwear and stockings you have worn that day. By morning they will be dry, but it is wisest to stow these in the suit case, and don others. The same economical methods may be employed with handkerchiefs. Of course if you do not fancy this suggestion, and must have whitewear at all costs, you will always be able to get laundry done over night. Regarding the petticoat, silk is to be preferred as it sheds the dust. The two nightgowns should be high in the neck, and of fine material which will pack into small space. A money pocket either secured about the waist or sewn into the petticoat is indispensable. Sandal rubbers should be carried in a small bag. A piece of laundry soap is essential amongst the smaller things, as well as thread, needles and scissors and darning cotton in a bag, and a fountain pen is a blessing. Add a dressing jacket, a cravenette raincoat, and an umbrella, and except for the guide books which you can best procure as you enter each country, the list is about complete.